

## WORD BANK: WHAT'S UNDERNEATH?

When asked about their feelings, most people will usually say they feel: bad, sad, mad, good, or fine. But underneath “good, bad, sad, mad, or fine” are many words that better describe how we feel. Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communication and relationships with others.

Once you identify what you're really feeling, it might give you insight into how to ask for what you really need. For example: “I feel mad. But what I'm feeling deep down is offended, humiliated, and powerless. What I need because I feel offended is for you to listen to me explain why and say that you're sorry.”

### FEELINGS LIST (POSITIVE EMOTIONS)

#### Admiration

Adoration, Affection, Appreciation, Delight, Fondness, Pleasure, Wonder, Regard, Amazed, Amused

#### Affectionate

Caring, Friendly, Loving, Sympathetic, Warm, Doting, Soft, Tender, Attached, Compassionate

#### Confident

Bold, Courageous, Positive, Sure, Fearless, Optimistic, Encouraged, Safe, Powerful, Proud, Satisfied, Trusting, Secure, Brave, Empowered

#### Excited

Enthusiastic, Delighted, Amazed, Passionate, Amused, Aroused, Alert, Piqued, Astonished, Dazzled, Energetic, Awakened, Eager, Charged

#### Exhilarated

Blissful, Ecstatic, Elated, Enthralled, Exuberant, Radiant, Rapturous, Thrilled

#### Gratitude

Thankful, Grateful, Moved, Touched, Appreciative, Graceful, Responsive, Recognized, Indebtedness

#### Included

Engaged, Understood, Appreciated, Accepted, Acknowledged, Affirmed, Recognized, Welcomed, Connected, Supported, Belonging, Heard, Respected, Involved

#### Intrigued

Absorbed, Fascinated, Interested, Charmed, Entertained, Captivated, Engaged, Engrossed, Curious, Surprised

#### Joyful

Cheerful, Festive, Heartening, Lighthearted, Upbeat, Glad, Merry, Elated, Enjoyable, Euphoria, Delighted, Jubilant, Hopeful, Tickled, Pleased

#### Peaceful

Calm, Quiet, Trusting, Fulfilled, Harmonious, Steady, Collected, Composed, Comfortable, Centered, Content, Relieved, Constant, Mellow, Level, Restful, Still, At ease, Satisfied, Relaxed, Clear, Reassured

#### Refreshed

Stimulated, Replenished, Exhilarated, Reinvigorated, Revived, Enlivened, Restored, Liberated, Lively, Passionate, Vibrant, Rested

# FEELINGS LIST (NEGATIVE EMOTIONS)

## Afraid

Nervous, Dread, Frightened, Cowardly, Terrified, Alarmed, Panicked, Suspicious, Worried, Apprehensive

## Agitated

Bothered, Disoriented, Uncomfortable, Uneasy, Frenzied, Irritable, Rash, Offended, Disturbed, Troubled, Grumpy, Unsettled, Unnerved, Restless, Upset

## Angry

Furious, Livid, Irate, Resentful, Hate, Hostile, Aggressive, Worked up, Provoked, Miffed, Outrage, Defensive

## Annoyed

Irritated, Frustrated, Bothered, Impatient, Aggravated, Displeased, Exasperated, Disgruntled, Disturbed, Irked

## Anxious

Shaky, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Overwhelmed, Restless, Stressed, Preoccupied, Flustered

## Confused

Lost, Disoriented, Puzzled, Chaotic, Uncertain, Stuck, Indecisive, Foggy, Mistrust, Dazed, Baffled, Flustered, Perturbed, Perplexed, Hesitant, Immobilized, Ambivalent, Torn

## Disconnected

Lonely, Isolated, Bored, Distant, Removed, Detached, Separate, Broken, Cold, Aloof, Numb, Withdrawn, Rejected, Out-of-place, Apathetic, Indifferent, Misunderstood, Abandoned, Alienated

## Disgust

Appalled, Horrified, Dislike, Loathing, Disturbed, Repugnant, Contempt, Spiteful, Animosity, Hostile, Bitter

## Disorganized

Distracted, Disheveled, Bedraggled, Run-down, Confused, Discombobulated, Disjointed, Displaced, Jumbled, Out of sorts

## Embarrassed

Awkward, Self-conscious, Silly, Mortified, Humiliated, Flustered, Chagrined, Ashamed, Put down, Guilty, Disgraced

## Envy

Jealous, Rivalry, Competitive, Covetous, Resentful, Longing, Self-conscious, Insecure, Inadequate, Yearning, Nostalgic, Wistful

## Helpless

Paralyzed, Weak, Defenseless, Powerless, Invalid, Abandoned, Alone, Incapable, Useless, Inferior, Vulnerable, Empty, Distressed

## Pain

Hurt, Remorseful, Regretful, Disappointed, Guilty, Grief, Bereaved, Miserable, Agony, Anguish, Bruised, Crushed, Wounded

## Sadness

Heartbroken, Disappointed, Hopeless, Regretful, Depressed, Pessimistic, Melancholy, Sorrowful, Morbid, Heavy-hearted, Low, Blue, Gloomy, Miserable, Despair

## Stress

Tension, Pressure, Overwhelmed, Frazzled, Strain, Imbalanced, Worried, Uneasy, Cranky, Distraught, Dissatisfied, Weighed down, Overworked, Pounded, Anxious, Shocked, Frustrated

## Tired

Bored, Fatigued, Exhausted, Uninterested, Overworked, Worn out, Fed up, Drained, Weary, Burned out, Lethargic, Beat, Sleepy, Depleted

## Vulnerable

Insecure, Shaky, Open, Unsure, Exposed, Unguarded, Sensitive, Unsafe, Inferior, Raw, Weak, Judged, Inadequate